

# Minnesota: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in Minnesota in 1996, accounting for 14,230 deaths, or 38% of all deaths.
- Ischemic heart disease accounted for 6,496 deaths, or 17% of all deaths.
- Stroke was the cause of 3,028 deaths.

## Cancer

- Cancer accounted for 24% of all deaths in Minnesota in 1996.
- The American Cancer Society estimates that 19,400 new cases of cancer will be diagnosed in Minnesota in 1999, including 2,400 new cases of lung cancer, 2,000 new cases

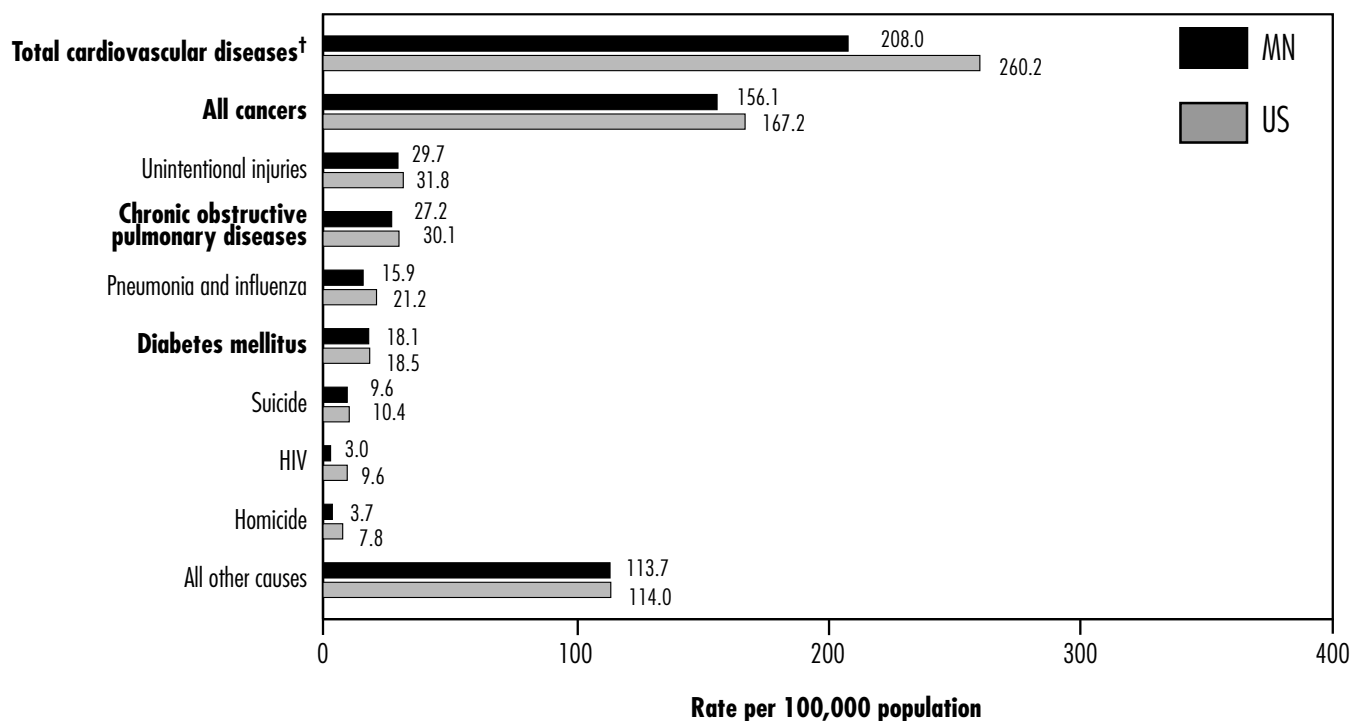
of colorectal cancer, 3,200 new cases of prostate cancer, and 2,800 new cases of breast cancer in women.

- The American Cancer Society estimates that 9,000 Minnesota residents will die of cancer in 1999.

## Diabetes

- In 1996, 129,074 adults in Minnesota had diagnosed diabetes.
- Diabetes was the underlying cause of 1,109 deaths and a contributing cause of an additional 2,058 deaths.
- Rates of death due to diabetes were 209% higher among blacks and 449% higher among American Indians/Alaska Natives than among whites.

## Causes of Death, Minnesota Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (99.6 per 100,000 in Minnesota and 131.0 per 100,000 in the United States) and rates of death due to stroke (41.3 per 100,000 in Minnesota and 42.0 per 100,000 in the United States).

# Minnesota: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, current cigarette smoking was reported by 28% of blacks, 20% of Hispanics, and 18% of whites in Minnesota.
- No leisure-time physical activity was reported by 30% of Asians/Pacific Islanders, 26% of whites, 24% of blacks, and 19% of Hispanics.
- Eating fewer than five servings of fruits and vegetables per day was reported 80% of Asians/Pacific Islanders and 68% of whites.
- Of all states, Minnesota had the second highest percentage of adults who were overweight according to self-reported height and weight.

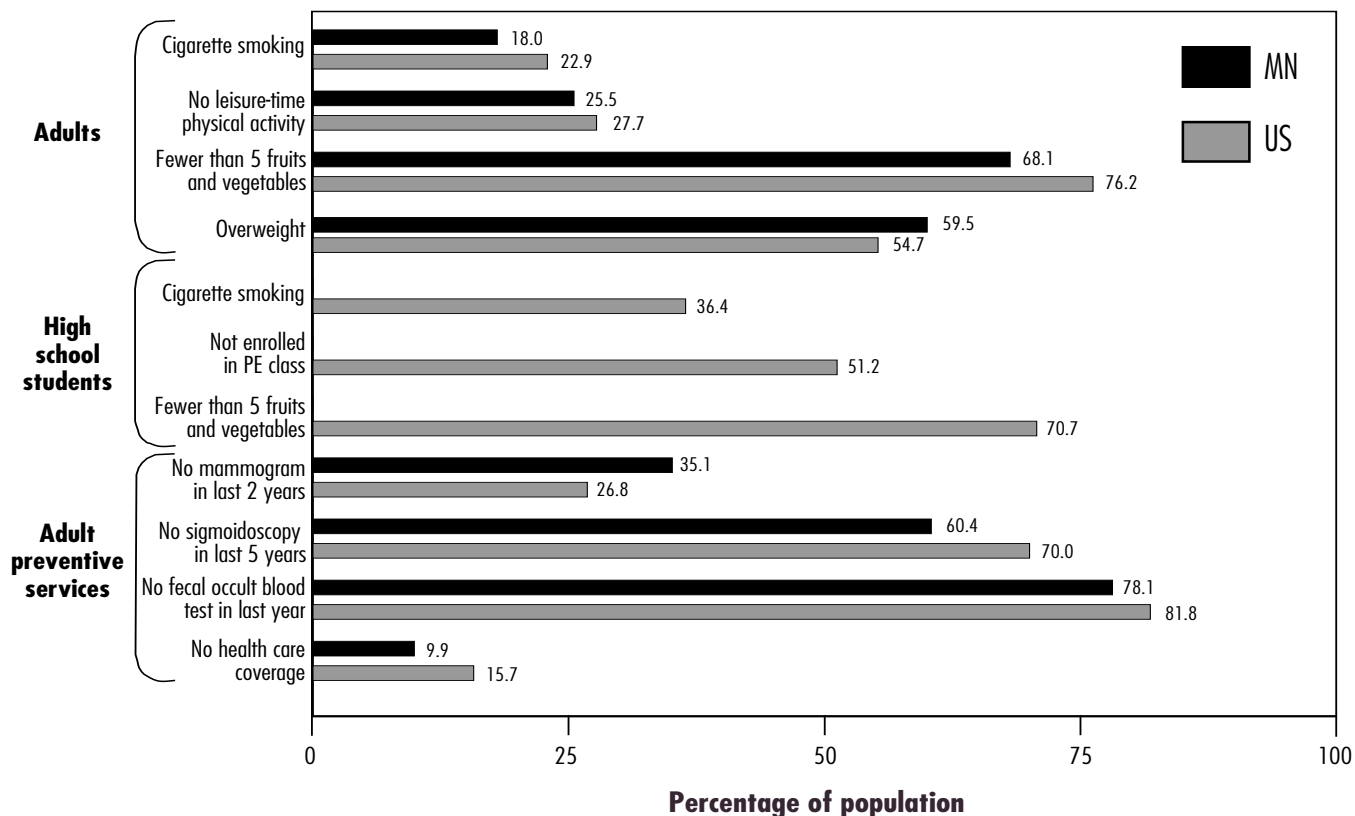
## Risk Factors Among High School Students

The 1997 YRBSS was not conducted in Minnesota.

## Preventive Services

- Of all states, Minnesota had the highest percentage of women aged 50 years or older who reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 65% of women and 55% of men reported not having had a sigmoidoscopy within the last 5 years.
- More than 75% of both men and women aged 50 years or older reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 14% of blacks, 10% of whites, and 9% of Hispanics.

## Risk Factors and Preventive Services, Minnesota Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.